

# UNDERSTANDING **ZONE 2** TRAINING

1



Zone 2: The exercise intensity that maximizes mitochondrial function.

2



80%

Aim for Zone 2 intensity 80% of the time

3



Not part of any famous training zone model like the 3-zone-model, 5-zone-model, or the power zone model of Andrew Coggan



Recruit mainly type I muscle fibers



Mobilize the highest amount of fat as a fuel



Stress the oxidative capacity and stimulate the oxidative phosphorylation



Burn both fat and glucose (lactate) in the mitochondria



Keep the glycolytic flux relatively low

At this exercise intensity, you:

# Fitrak The Ultimate Multi Activity Aerobic Training Journal

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## **Fitrak The Ultimate Multi Activity Aerobic Training Journal:**

*Fitrak* Stephen J. Thierry,1989    *Bicycle USA.* ,1993    Forthcoming Books Rose Arny,1990    *Small Press Record of Books in Print* Len Fulton,1994    *Small Press* ,1990    **Paperbound Books in Print** ,1992    Subject Guide to Books in Print ,1993    **Medical and Health Care Books and Serials in Print** ,1997    **Subject Guide to Children's Books in Print 1997** Bowker Editorial Staff,R R Bowker Publishing,1996-09    *Fitness Journal & Planner* Smart Bookx,2017-08-14 Softback 105 day Fitness Journal with Goal pages won t fall out after a few months SIMILAR PRODUCTS We publish several Fitness Journals Each has the same interior but there are covers to suit all tastes To view search fitness bookx on Amazon don t forget the x We also publish food diaries travel journals password journals meal planners reading logs composition books and much more Thanks for looking The smART bookx design team Buy With Confidence Because Our Customers Love Our Stationery Affordable But Still Good Quality Very satisfied with this product an affordable option that is also very thorough Many other planners just didn t have all of the sections I needed or they did and cost too much cover is kind of soft Jun 1 2016 Love This This planner is super cute and I absolutely love the cover Lots of room to include all kinds of information June 13 2016 Great for taking theory notes or writing music I m a music major and I needed staff paper This is a cute product and the staff paper is great Feb 1 2016 Amazing Recipe Book the 3rd smART bookx recipe book I ve purchased Highly recommended Dec 28 2015 ALL BOOKS ARE MADE IN THE COUNTRY PURCHASED    Fitness Journal & Planner Smart Bookx,2017-08-11 Softback 105 day Fitness Journal with Goal pages won t fall out after a few months SIMILAR PRODUCTS We publish several Fitness Journals Each has the same interior but there are covers to suit all tastes To view search fitness bookx on Amazon don t forget the x We also publish food diaries travel journals password journals meal planners reading logs composition books and much more Thanks for looking The smART bookx design team Buy With Confidence Because Our Customers Love Our Stationery Affordable But Still Good Quality Very satisfied with this product an affordable option that is also very thorough Many other planners just didn t have all of the sections I needed or they did and cost too much cover is kind of soft Jun 1 2016 Love This This planner is super cute and I absolutely love the cover Lots of room to include all kinds of information June 13 2016 Great for taking theory notes or writing music I m a music major and I needed staff paper This is a cute product and the staff paper is great Feb 1 2016 Amazing Recipe Book the 3rd smART bookx recipe book I ve purchased Highly recommended Dec 28 2015 ALL BOOKS ARE MADE IN THE COUNTRY PURCHASED

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